

Eckhart Tolle - Live Meeting - Mainly on Inner Body - - 37min

[Speaker 1] (0:02 - 37:36)

If you notice a little bit of impatience coming in, that's the mind wanting to get away from this moment, that's what the mind does. I know most of you probably practice some form of meditation, and you have your techniques, but I would suggest a meditation that has no technique whatsoever, and that is simply practicing being fully present in this moment, so that the habitual mental movement away from this moment ceases. So there's a deep going into this.

And you then notice that our habitual state of consciousness is the opposite of that. There's always a movement away from this moment to some point in the future that's considered more important than this. If you look at your daily life, it's quite normal.

It's always a striving to get away from this to the next moment. You just got to get this done, and then I just need to get there. It's done on a small scale in daily life, and on a large scale.

One day, on a large scale, when this or that happens, I will be happy. I'll be fulfilled. When I find the right partner, get a better place to live, a better income, free of this or that, I will achieve some kind of state of perfection or fulfillment.

And everybody is striving away and making this moment the most precious thing there is, because there is nothing else ever in your life except the now. The now is life. So you make that into a means to an end.

You reduce the one thing, the only thing that is real in your life, the now, to a means to an end, getting to some future point, and that never arrives. I've never met the future, and I doubt that you have, because it doesn't exist. It's a mental projection.

When it comes, it's the now. If you have not learned to honor the now, to accept it, to be friendly with it, then you continuously miss the one thing that matters. And then you get to the end of your life, and you get a feeling that, what was this all about?

I haven't really lived. I've always been striving away from this. And you may reach the age of 80.

My father said to me, he called me the other day, he said he had the feeling that his life hadn't started yet, at 80. And he's still looking to the future, even now. Although at that age, many people start looking to the past, because they know there isn't that much future left.

But they're still not in the present, still not honoring the now. So one meditation that has

no technique whatsoever, is to bring your attention fully into the now. Techniques may be helpful, but there is a drawback with any meditation technique, and that is, it also becomes a means to an end.

So people sit down, and they meditate, and they still have the old mindset, I need to get somewhere in this meditation. There's still a movement, a very subtle, more subtle perhaps than in everyday life, but there's still a subtle movement, wanting to get to some place of perfection. If I meditate, maybe in one or two years, I will find peace, or become enlightened.

So there's still, it's still a means to an end. So the old mindset is still there. And in spiritual life, many people are also striving towards some point of perfection that they want to reach.

So basically, that's still the old mindset of ignoring this moment, going fully into this. And for the rest of this talk, I suggest that you not only listen, have your attention on the words, but also stay connected with the inner energy field of your body, to feel the subtle life that's in every cell of the body. Feel that at the same time as you listen.

There's life, there's an animating presence, the invisible life, that which gives life to the body, you can connect with that, and feel that. What that does is that the mind no longer has this strong momentum, it doesn't pull you out of the now, because you're now taking attention away from thinking, and putting it into the body. And you can then perceive the world without constantly having that screen of mind between you and that which you perceive, the screen of labels and judgments and definitions.

So you can perceive directly, without mental commentary, continuous labeling of the present moment. So I call this, this is the anchor for being present, having your attention in the inner energy field of your body. And there's incredible intelligence in there, in every cell of the body, there's a much vaster intelligence than there is in the mind, and if you had to control the functions of your body, you would die within one or two seconds, because how could the mind coordinate all the functions of the body, of every organ, of every cell?

It's an unbelievable thing. The intelligence that is built into every cell is vast, and it's the same intelligence that runs the universe, the galaxies, there's only one intelligence. And what you perceive as the physical body is ultimately much more than that, but with our sense perceptions we see it as a physical body that is born and dies.

But even that is beautiful. So the intelligence that's in there is so far greater than anything the mind could ever even dream of. And in a thousand years we will still be researching how the body works, and we won't get to the bottom of it.

So vast is the intelligence that's there. So by having some attention in the inner energy

field of the body, which is so simple that the mind says, this is too simple, there must be something more complex to practice. It's a way of being, to feel your inner being, and that's the way of connecting with that vast intelligence.

And you no longer need to rely on your limited mind with the acquired accumulated knowledge. And you no longer deal with situations and people out of the conditioning of your mind, the old reactions coming up, the old behavior patterns playing themselves out again and again, and many people are trapped in that because they are living through the conditioned mind, conditioned by the past. And connecting with the inner body is a way of freeing yourself from that mind dominance and freeing yourself from the conditioning of the mind.

Basically it's freeing yourself from the past, and realizing that ultimately your identity does not lie in the past, that you cannot derive a true sense of self from your past. Your true being, your true self, can only be felt by focusing on this present moment. Your being now underneath the mind, underneath all the ripples and waves that are there on the surface of the lake of your being, all the mental ripples, that continuous mental movement, and underneath there is the emotional movement, and underneath that, there is a pool of stillness.

Underneath all that noise, which is the mind, there is a pool of stillness inside you. Now stillness is not just absence of noise. There is a deep aliveness in that stillness.

And everybody carries that pool of stillness inside. But the strange thing is, most people don't know it's there, because it's covered up by continuous mind activity. They never connect with that place, and it's waiting for you, it says, here I am.

You have never really been away from it. So the doorway into that state of connectedness, with that stillness that is ultimately who you are, the stillness out of which everything arises, everything is born out of that stillness, and everything dies back, every form of life comes out of that state of stillness, and then returns into it, and that's what always remains. And it's right there inside you, and that's what all the spiritual teachers have been talking about.

They have pointed to this, the kingdom of heaven is right there, here and now, in you. Not some point in the future, but religious people have always created a future as the kingdom of heaven. One day we will get there.

The Buddhists have done it. One day we will become enlightened. The Christians have done it.

One day we will reach the kingdom of heaven. And Jesus said the kingdom of heaven is here and now. But that was too simple for the human mind to comprehend.

So it creates a future, and so it misinterprets those beautiful teachings, and makes them

into something to strive towards in the future. And it's right here. And to lose that connectedness with the stillness, stillness is only one word for it.

There's a sacredness in that stillness. There's a deep sense of aliveness in that stillness. Anything creative, anything fresh and new comes out of that.

Every artist knows before they create, for a moment, they become still. And then whatever arises out of that, it's a new birth. And there are some artists who can't do that.

They try to invent things with their mind, and call that creativeness. And then they come up with absurd things that some of them fill the art galleries these days. That's the mind trying to be creative.

But there's nothing creative in the mind, because it's basically, it's a filing cabinet. It's good at analyzing, dealing with practical things. But there's no creativity in the human mind.

The mind can give form to a creative impulse that comes out of the stillness. But in itself, there's nothing creative in the mind. So every artist, true artist, becomes still, waits.

And then whatever form the art takes, the creative impulse is born out of that. But usually they lose it again when they stop doing their art. They go back into their mind-identified state.

But the secret is that actually your whole life can be like that. You can be connected with that stillness continuously. And the doorway into it is feeling the energy field of the body.

Just connect with that. Because that stillness is also infinite intelligence. Intelligence before it becomes form, before it rises and takes birth as form, as a thought, and then as the whole universe.

So feeling this energy field of the body. And then you can still deal with the world, look around, and there's always in the background then a peace, a silence, no matter what happens. And you can then respond to situations out of that stillness.

So you don't need to prepare beforehand what you're going to do, because it won't be right for this moment. Whatever this moment requires arises out of the state of stillness. So to connect with that, to connect with that continuously in your daily life, I call that bringing in a gap in the mind stream, because usually there's this mind stream that people are identified with.

And because of that continuous noise, the stillness cannot be felt. So to occasionally in your daily life create a gap in the stream of mind, which is simply put your attention into the inner energy field of the body. Just for half a minute.

Feel that. Or as you listen to somebody, listen with your entire being, not just with the head. Feel every cell in your body as you listen.

Your entire being becomes present there. This is the state of presence. Complete presence in the here and now.

You are fully there. If you don't bring... Relationships cannot thrive if you lose the dimension of stillness, which is the dimension of being in a relationship, and the relationship becomes mind-dominated, continuous mind stuff, that continuous nervous interaction.

Then conflicts start. Drama starts. That's why so many relationships break down, because that fundamental dimension of being, of simply being able to allow the other person to be, giving them space, becoming still, acknowledging the being of the other person, through your own being, giving yourself space first, feel your being, and then be with the other person.

Sit opposite each other, just a few minutes every day, look into each other's eyes, and feel your entire energy field. And through that, connect with the being of the other person, because on the deepest being level, we are one. Five minutes a day would change the relationship.

It seems impossible. But the energy is so incredibly powerful of that, it doesn't really matter how long you do it. Just five minutes a day, relate through being and not through the mind.

And then introduce it to your children. Very young children, they have it as their birthright, but they quickly lose it because they watch TV, and play video games, and the parents are totally mind-identified, so they are completely in their head. And children get very restless these days, disoriented, discontent.

Let's have some action. Fill my life with some action. Stimulus.

I need some new stimulus. And when their mom and they have no stimulus, no TV, discontent starts. And that's because their whole life has become mind-dominated.

And the parents are always busy doing this, like, let's get this done. Never an acknowledgement of the beauty of this moment, of the beauty of the child's being. And that's how children grow up in that.

And then we are surprised when they become confused. And children will love it if you introduce them to being, if you show them, let's look at each other for a minute or two. At first they may find it strange, and then they will quickly grow into that.

So it's bringing in the dimension of being, not continuous doing. Doing. Being.

And you don't even need to become inactive if you bring in being. You can still be doing things out of a state of stillness and peace. It can flow into your doing.

While you do your shopping, or wash the dishes, you feel your energy field, and you're not making this moment into a means to an end. You're fully there. Peace flows into what you do.

So it's getting out of that, being trapped in that insane noise machine in the head, that never stops. Being trapped in that, and even worse, believing that this continuous noise in the head is who you are. That's a dreadful reduction.

You're so much faster than that. It's just noise. To be identified with every thought, oh, I'm worried, to be completely identified, your whole sense of self goes into that thought stream.

When you wake up at night in a state of worry, what's going to happen? Your whole sense of self flows into that thought stream. In Buddhist terms, you reincarnate every moment into a new thought stream, which means your sense of self becomes one with that.

That is the deeper meaning of reincarnation. Every moment there's a new thought form that you identify with, and you reincarnate every moment into a new. At the end of reincarnation, the deeper meaning of that, which is what Buddhists are striving towards, is not to be identified with a mental noise, not to have a sense of self being pulled into a mind stream, but to keep it present in your being.

So you can allow some of the noise to be there, but it no longer has the compulsive quality that it has when you completely identify with the mind stream. So yet, you're getting out of mind into being. And that's the greatest miracle of transformation.

Stepping out of that noise machine that you thought was me, that's me. So when you wake up at night in a state of worry or anxiety, know that this is the noise machine in the head projecting yourself to some future point, which never arrives, and in the gap between the now and the future, fear continuously arises. That gap between the projected point and the now, there's the stress and the fear.

Of course, your sense of self is out there, and you are here, so there's a constant reaching out, oh my god, what's going to happen to me? So when you notice that, just put your attention like you can choose to step out of the mind stream, and simply feel the energy field of your body. You've taken the tension away from thinking, and putting it into your body.

And then, what was before a very unpleasant situation, being there in a state of anxiety in the middle of the night, becomes something very beautiful. You feel your own energy field, and that's beautiful, and suddenly there's some stillness. You've reached the

stillness then, underneath the noise, the disturbance.

You have dropped down, your sense of self has dropped down to a deeper level, and there's suddenly, the stillness was always there, waiting to be found. And there it is. The most precious thing is the essence of your entire being, and not to know that is the most dreadful condition of loss, of poverty.

No matter whether you have a million or ten million dollars in the bank, you're in poverty when you lose that one vital thing that matters, which is the connectedness with who you are beyond mind. Your being. So, and you are, you can choose to step out of the mind stream, when you've noticed yourself being trapped in the mind stream, and you often know it when you start feeling restless.

Some negative thought patterns come in, some kind of pain or suffering arises in your life. This could be a wonderful thing when that happens. It can be like a little alarm clock saying, hello, you've lost the now.

You've moved away from your being. You're projecting yourself away. I'm not talking about dealing with the practical aspects of future.

You can make appointments to meet somebody next week. You can make lists of what you have to do. What we're talking about is a continuous mental projection away from this moment.

A mental movie that goes out into some imaginary future moment. And then the fear arises and you can use that fear as an alarm clock that tells you wake up, become present. OK, right.

And immediately your attention gets narrowed down to the now. As before, there was the burden of past and future. The heaviness of the person carrying that burden.

Life becomes a problem. All you can see is problems. Your whole identity becomes defined in terms of your problems.

That's normal. And it's mad. Your whole identity becomes defined in terms of problems.

Ultimately, that's what all spiritual teachings say. That's all illusion. Situations, of course, they are challenges that come into life every day and you deal with them in the now.

You take action or you wait. But to get your sense of self invested in those things, then they become the heaviness of problems arises. That's me, the unhappy self, which is a mind-made thing, with my problems, which my problems give me my identity.

That's me. And then you might go to a therapist and sort out that fictitious me that consists of problems. And that still, that whole fictitious me is the mind made based on thought activity.

Past, my past, things that happened to me, the future, maybe one day I'll be okay, or the fear, maybe I will never be okay, I'm not good enough, I have failed in life, my future. All that ultimately has nothing to do with who you are, because who you are you can only find in the immediacy of the now, by taking attention out of the mind stream. And so the whole, the problems suddenly drop away when you take away past and future.

I'm not saying become irresponsible, you do what you have to do, but not carry them unnecessarily, and 80-90% of our thinking is dwelling on problems, not, no solution, it's just a pointless mental movie making, when identified with that, and that drops away, and suddenly what problem could you possibly have at this moment? You can't have a problem, you may have a toothache, or an ache, even if you have an illness, it is, it becomes part of accepting the now. And the strange thing is, people have experienced wonderful healings, by going into the state of total acceptance, which means peace of this moment.

Incredible healings have happened, not by fighting an illness, but by going into the state of acceptance and peace now. So problems, how could I, how could you have a problem if your attention is in the now? If you have to deal with the situation now, you take action.

If there's nothing you can do, that's fine. You surrender to this moment continuously. So the whole, and then you begin to realize that all that problem making is actually a mental fiction that becomes a heaviness of the person, of the me, that ultimately has no reality.

Now there may be a part in you, that unhappy mind may itself, the me, may not like what I'm saying, because it can feel that that is its end. And I've even experienced sometimes people having to leave the room when I say that, even to say ultimately there is no problem in this moment. There cannot be.

And some people, that's too much for some people, they can't stand that, because their identity is challenged. I've invested all my identity for 30 years in problems and now this man is saying that it's not real. And this is a completely new way where you find a truer and deeper sense of self in your being, than the mind-made sense of self that's connected with past and future, moving between these two.

And that's, that is, there's the stillness. There's the deep peace. And even a joy arising out of that.

It's the joy of being. Which doesn't depend on whether you have one dollar in the bank, or ten million dollars in the bank. Or whatever is, whether you regard your life as a success or a failure.

It has nothing to do with that. That remains. That's always there.

It has nothing to do with what is happening or not happening in your life. That is the place where you are free from the world. That's what Jesus meant when he said I have overcome the world.

That is the state where I'm free of external conditions. My inner state, ultimately, is beyond what is happening or not happening out there. I call that, that's my life situation, what's happening and not happening.

Good things, bad things. My life situation unfolds in time. Past, future.

But then there's something much more vital. My life. Life itself.

Now. That's the only place where you can find it. The vibrancy and aliveness of your being at this moment.

The stillness. The infinite creative potential that lies in that stillness. That's life.

Nothing to do with your past or your future at all. That means you don't need the future anymore to give you fulfillment. Fulfillment is now.

Deep fulfillment in the now of your being. The future is still fine. Things will come into your life and you will say, oh, thank you, that's beautiful.

After a while you may have to relinquish them. And you say, ok, it's time to let go of that. That's alright.

I don't need that to make me happy or fulfilled. It's a gift. And then you let go.

You don't need the future for your salvation. Because ultimately everybody's looking to the future for their salvation. Whether they are robbing a bank or doing a meditation technique, they are looking to the future.

Through this money that I'm going to get when I rob the bank, I will find ultimately, eventually that state of really knowing who I am, of fulfillment, of aliveness. And the person is doing a meditation technique, very often just the same. If I do that for a few years, I will get to that point.

It's now. That's the mind. That's the mind stream.

So that is just stepping out of the mind stream, connecting with the energy field in the body, that's the doorway, and there you enter. It's so simple, and the reason why so few people seem to know about it, is because it's too simple. The mind has become such a complex piece of machinery, that the simplicity of the truth of who you are, escapes it.

It cannot grasp that. It only works in complexity. And the mind often, the message, what I'm saying, sometimes the mind says, no, it can't be.

This is too simple. He's not actually even saying anything. This is true.

Then the mind says, living in the now, oh, that's incredibly hard. It's the easiest thing in the world. The other way is the incredibly hard way.

And then, so you live with, suddenly, ease comes into your life. An ease that wasn't there before. Everything flows with ease.

The heaviness of the person with the burden by problem making and past and future isn't there anymore. The being underneath the person emerges. Joyfully.

The being that's beyond name and form, beyond your name or the physical form of your body, that emerges, it's timeless. And the more you connect with that, the more you realize that even death is not ultimately real. Because the timelessness in being can be felt so clearly and strongly that you know from direct knowledge, direct experience that there is no death because there is no time in that.

And that's not for a few mystics, a state for a few mystics to achieve. It's everybody's birthright to be connected with. So as you go away from here, if you only remember one thing, take attention out of the mind stream.

Connect with the energy field of the body. Become friendly with the present moment. Accept whatever arises in the now because it is.

It is. Don't become hostile to the present moment, because it's life. And stepping out of the mind stream, when you accept this moment as it is, you're already stepping out of the mind stream, because mind stream is continuous resistance to this moment.

Just to say, this is fine. OK. You can take action.

You can always take action, but it is. So you're not fighting existence anymore. That's all.

That's the simplicity. That's the spiritual truth that is so simple that it's remained a secret for thousands of years. Thank you very much.